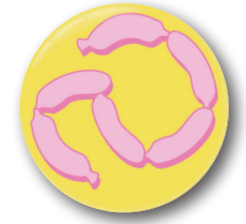


CUTS OF PORK



This guide is here to help you understand more about the different cuts of pork available and the sort of cooking method each cut is best suited to.

1. **SHOULDER**

The meat from the hard-working shoulder can either be minced, or diced for stewing. This meat is fantastic when slow-roasted on the bone because it becomes really tender and falls apart.

2. **RIB CHOP**

Chops from the ribs are often grilled or barbecued. When a few chops are kept together in one piece they make a brilliant rib roast.

3. **FILLET**

The fillet or 'tenderloin' is a long thin muscle. It can be cooked whole, cut into small round 'medallions' or cut into steaks and pan-fried.

4. **LOIN**

Chops cut from the loin are ideal for pan-roasting and grilling. The loin can also be kept in one piece, boned and rolled to make a fantastic roasting joint.

5. **CHUMP CHOP**

A really meaty chop cut from the rump of the pig with great flavour and texture. Lovely grilled or barbecued.

6. **LEG**

A leg is usually roasted whole, but it can also be boned and cut into smaller roasting joints, or thinly sliced to make steaks called 'escalopes', which are delicious pan-fried or grilled.

7. **BELLY**

A fatty, but incredibly tender, cut of meat which is delicious when slow-roasted. This cut is also used to make streaky bacon.

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